

For Breastfeeding Women Only

Pink Salmon



Canned pink salmon as printed on WIC check.

Size: **7.5 or 14.75 ounce can**

Cannot buy red, boneless, smoked or in pouches.

- OR -

Tuna



Water packed, dolphin safe chunk light tuna as printed on WIC check.

Size: **6 ounce can**

Cannot buy Albacore or white tuna.

Carrots



Fresh package, or loose whole carrots without tops in quantity printed on WIC check.

Size: **1 or 2 pounds**

For Infants

Infant Formula



Iron fortified formula as printed on WIC checks.

Cannot buy low iron formula.

Infant Cereal



Barley, Mixed, Oatmeal, or Rice.

Size: **8 or 16 ounce box**

Cannot buy high protein cereals or cereals with yogurt, fruit, or infant formula.

-Organic Foods Not Allowed-



Linda Lingle, Governor
Chiyome L. Fukino, M.D., Director of Health

For Information on Oahu Call 586-8175
On Neighbor Islands Call Toll Free 1-888-820-6425

WIC is an equal opportunity provider and employer.

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Hawaii Women, Infants, & Children Program (WIC) Allowed Food List



Milk

Fluid pasteurized: whole, reduced (2%), lowfat (1%), or fat free (skim or nonfat) in **gallon** size containers or as printed on WIC checks.

May be calcium plus or extra rich.

Any **evaporated** milk in a **12 ounce** can.

Any **powdered** milk up to the quantities specified.

Recombined pasteurized milk may be substituted for fluid milk.

Cannot buy any goat, rice, soy or flavored milk.

When Printed on WIC Checks

Acidophilus, Lactose-Free, or Lactose-Reduced: whole, 2%, 1%, or fat free in $\frac{1}{2}$ gallon container only.

May be calcium fortified.

Hawaii State Department of Health
WIC Services Branch

Peanut Butter

Plain, smooth, chunky, crunchy, extra crunchy, natural, or reduced fat.



Size: **8 ounce jar or larger to equal up to 18 ounces**

Cannot buy "peanut butter spread," or with added jam, jelly, honey, chocolate or flavors, or in squeeze tubes.

Juice



All Juice Must Be: 100% juice, with no sugar added, with at least 120% Daily Value (DV) for vitamin C. May be calcium fortified.

Frozen Concentrate In 10 oz.-12 oz. cans

Any Brand

Apple
Grapefruit (white or pink)
Orange (including reduced acid)
Pineapple

These Brands Only

Grape, white or purple (**Welch's** with yellow pull strip)
Orange Passion -Calcium (**Minute Maid**)
Orange Tangerine-Calcium (**Minute Maid**)
Pineapple-Orange (**Dole**)
Pine-Orange-Banana (**Dole**)

Single Strength (Ready to Use) Only in 46 oz. plastic bottles or cans

Any Brand

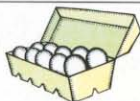
Apple
Grapefruit (white or pink)
Orange
Pineapple

These Brands Only

Grape, white or purple (**Welch's** can or bottle with purple cap and **Juicy Juice**)
Juicy Juice (All varieties and blends)

Cannot buy non-frozen concentrate and any juice with added zinc or other nutrients.

Eggs



White, Grade A Chicken Eggs.

Size: **One dozen medium or large**

Cannot buy brown or fertile eggs.

Beans, Peas, and Lentils



Dried beans, peas, and lentils.

Size: **8 ounce package or larger to equal up to 16 ounces**

Cannot buy cooked, canned, or frozen beans, peas, or lentils, or mixed beans with flavor packet, grains or spices.

Cereal



Kix

Life

Product 19

Special K

Crunchy Corn Bran

Bran Flakes - (Post)

Cream of Wheat, Regular Flavor Only, Instant,
1 minute, 2 ½ minute, or 10 minute (Nabisco)

Chex - Corn, Rice, Wheat, Multi Bran

Corn Flakes - Best Yet, Springfield,
Country Corn Flakes (General Mills),

Kellogg's Corn Flakes, Western Family

Crispy Rice - Best Yet, Ralston, Safeway,
Springfield, Western Family

Frosted Mini-Wheats Bite-Sized - (Kellogg's)

Honey Bunches of Oats- Honey - (Post)

Instant Oatmeal, regular flavor, box of individual packets (Quaker)

Toasted Oats - Best Yet, Safeway, Springfield,
Cheerios, Multi Grain Cheerios (General Mills),
Western Family

Total - Corn Flakes, Whole Grain

Size: **9 ounce box or larger to equal up to 36 ounces**

Cannot buy more than 36 ounces of cereal.

Cheese



Cheddar, Colby, Mozzarella, Swiss, or Monterey Jack.

Must be domestic or plain in block, ball, or shredded. May be mild, medium, sharp, reduced or fat free.

Size: **8 ounces or larger to equal up to 16 ounces**

Cannot buy sliced, cube, string, imported, deli cheeses, or cheese with added peppers, herbs, or flavors.